

HIGHLIGHTS

July 2003

A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

Vol. XVIII, No. 7

For Your Information...

Fun in the Summertime

July is the perfect month for mentors and their matches to explore some of the unique historic, cultural, artistic and natural venues available only in Orange County. Inside this issue of Highlights is the summer edition of Ongoing Activities, a special insert filled with nearly 70 free or low-cost activities to do on a summer's day. Those venues marked with an asterisk are free with a Harbors, Beaches and Parks (HBP) pass. If you would like to visit one of these sites, and do not currently have a HBP pass, please contact your Regional Volunteer Coordinator.

Mentors, Please Apply Within

Do you work for a company or business that advocates volunteerism? If the answer is yes, or if you believe your place of business would be interested in promoting volunteerism to employees, please contact your Regional Volunteer Coordinator or the CYS-Project Together Central Office at (714) 796-0100. CYS-Project Together is always looking for responsible adult volunteers to mentor CYS children and teens.

HAPPY BIRTHDAY

Emanuela Sofroni	7/1
Colleen Chandlee	7/2
Katerina Patterson	7/3
Rachel Magana	7/9
Conrad Wilson	7/9
Marcella Michel	7/10
Rhonda Vincent	7/10
Jade Wood	7/10
Keith Chmelar	7/11
Tonia LaTorre	7/18
Sanaz Yaghmai	7/18
Ruth Martinez	7/21
Scott Haiduc	7/22
Kathryn Brewer	7/23
Cesar Salgado	7/24
Jaimee Johnson	7/26
Margo Jolly	7/28

Therapist Spotlight

"Mentor Is Integral Part of Therapeutic Team"

Blancarosa Craig, a Marriage and Family Therapist intern at the Children and Youth Services Redhill Office in Costa Mesa, has supervised an average of five mentors each month since she began with the clinic in May of 2000. Blancarosa, a strong proponent of mentoring, believes so completely in the value of placing her clients with a mentor that she frequently shares her positive CYS-PT experience with new clinical staff.

"For me, mentors have been my eyes and ears outside of the therapy session," Blancarosa said. "They give me valuable feedback that I can then 'casually' incorporate into my client's therapy session."

Blancarosa is particularly adept at identifying which of her clients can benefit from a mentoring program and has skillfully prepared the client's family to support this form of therapeutic intervention. "The understanding of both the client and the parent(s) as to the benefit of a mentor is critical to the success of the match," according to Blancarosa.

Sensitive to the mentor's effort, Blancarosa closely monitors the progress of a match with weekly supervision. She understands that the mentor is a layperson whose generosity and enthusiasm requires guidance and most importantly, feedback. In working with her mentors, she explores the psycho-dynamics of her clients'

experiences at home and at school, helping them to understand the relevance and importance they have in her clients' lives. The mentors appear to benefit from her attention as it helps them to process experiences, difficult moments and surprises, that at times can be confusing, if not overwhelming. Her attitude fosters the inclusion of the mentor as an integral part of the therapeutic team.

"Blancarosa always initiated regular contact with me, which gave me the feeling that I was important and a real member of the team," said mentor Catherine McGhie, who recently completed a one and one-half year match with a child. "She was always willing to brainstorm with me on how to become a more effective mentor."

"Time spent up-front saves a great deal of time in the long run," noted the therapist, who believes that additional time spent working with CYS-Project Together mentors can reduce the time her clients spend receiving services.

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JULY 2003

Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults. To submit an item for the calendar, please call (714) 796-0100.

Thursday, July 3 Uncle Sam's Celebration

Fred Kelly Stadium
3900 E. Chapman
Orange
(714) 744-7264

Ticket sales begin June 1 at 230 E. Chapman in downtown Orange. The celebration will feature entertainment, games and food booths.

Time: 4-9 p.m.

Cost:	General Admission	\$5
	Children under 2	Free

Thursdays, July 3-July 31 Noon Concerts

Downtown Anaheim Certified Farmers Market & Craft Fair
Center Street Promenade & Lemon
Anaheim
(714) 956-3586

July 3	TBA
July 10	Running Wild Country Band
July 17	Mark Coon Karaoke
July 24	John Destry
July 31	Mariachi Universal

Time: Noon

Cost: Free

Friday, July 4 Independence Day Parade and Celebration

PCH and Main Street
Huntington Beach
(714) 374-1535

The 99th Annual Independence Day parade is the largest and oldest of its kind west of the Mississippi River and features bands, floats, clowns, celebrities and much more.

Time: 10 a.m.

Cost: Free

Friday, July 4 4th of July Concert and Fireworks

Tustin High School
1171 El Camino Real
Tustin
(714) 573-3326

Classical rock band "The Answer" will play at this spectacular fireworks display. Bring chairs, a blanket and a picnic, or browse the snack booths at this family event.

Time: 6:15 p.m.

Cost: Free

Friday July 11-Sunday Aug. 3 111th Annual Orange County Fair

88 Fair Drive
Costa Mesa
(714) 708-FAIR (3247)

The theme is "Red, Ripe & Rockin'" for this year's fair that guarantees family-oriented entertainment.

Time: Tuesdays & Wednesdays

Noon-Midnight

Thursdays-Sundays

10 a.m.-Midnight

Cost:	Children 12 and under	\$3
	General admission	\$7
	Seniors	\$6
	Parking	\$5

Tuesdays, July 15, 22 & 29 Kids' Free Days Orange County Fair

88 Fair Dr.

Costa Mesa

Kids 12 and under are admitted to the fair for free on Tuesdays. Take advantage of these days that promise to be packed full of special activities for Orange County's younger citizens.

Time: Noon-Midnight

Cost:	Kids 12 and under	Free
	Adults	\$7
	Seniors	\$6
	Parking	\$5

Fridays, July 11-Aug. 1 Just for Kids

Pearson Park Amphitheatre
401 N. Lemon St.
Anaheim
(714) 765-5274

Entertainment includes Abalaye African Folk Dance Ensemble on July 11; Joanie Bartels in joyful celebration of dance of life on July 18; Golden State Children's Theatre presentation of "California" on July 25; and Pete Manyhorses and Friends presenting Native American dancing and drumming on Aug. 1.

Time: 7 p.m.

Cost:	Adults	\$2
	Seniors & Children under 12	\$1

Therapist Spotlight

(continued from page 1)

"Mentors not only provide friendship and serve as role models, but they also offer a way out of the home situations many of these children find themselves in." She added that the mentoring experience is particularly helpful to her clients from low-income families, since it "offers an opportunity for kids to leave their homes to experience activities their parents may never be able to provide. The mentors I have worked with have a beautiful, unselfish spirit that has helped my clients build a trusting relationship with someone," according to Blancarosa. "It gives (me) a way to reach into the life of a child." She added that one of her greatest pleasures is not only realizing how her clients have grown through the mentoring relationship, but to watch the growth and development of a mentor.

Her enthusiasm toward the CYS-Project Together program has also encouraged many of her fellow clinicians to utilize mentors for their clients.

Jonathan Schiesel, CYS-Project Together Regional Volunteer Coordinator, South/Costa Mesa Region, contributed information for this article.

Mentoring Tips and Tidbits

Managing Behavior on a CYS-PT Sponsored Group Outing

Relationships that are built between a mentor and mentee are primarily established during planned mentoring activities and outings. Throughout the duration of a match, CYS-Project Together mentors are encouraged to structure one-on-one activities or outings that support the goals of the therapist and the continued development of the child or teen.

However, interspersed throughout the year are four or more special CYS-Project Together sponsored group outings. Group outings are beneficial since they can introduce a child or teen to new activities or experiences in the company of fellow mentors and their matches. These outings provide a unique opportunity for clients to interact and socialize with other children or teens in the program. Mentors also benefit by sharing experiences and tips with their peers.

However, group outings can also serve as a distraction for a normally watchful mentor, and an opportunity for a child to seek out high-spirited adventure (or mischief) with another child from the group. For this reason, it is important to remain focused on the child or teen you brought to the event, and use the communication skills shared during your initial training to refocus the child's attention.

The following "Ideas for Managing a Child's Behavior" was taken from the CYS-Project Together Training Manual:

- First, identify the child/teen's goal for his or her behavior. Was it:

To get attention	To get revenge
To gain power	To show feelings of inadequacy
- Next, respond to the child/teen's behavior. Always begin by listening to the child's feelings, then share how his/her behavior is being experienced by you.
 1. If the child/teen is trying to **gain attention**, ignore the disruptive behavior when possible. Give attention at

pleasant times. Reward positive behavior. The child is most likely feeling the need to be valued.

2. If the child/teen is trying to be in control or **gain power**, avoid conflict. Reflect feelings of the situation. Enlist the child/teen's help and try to get him or her interested in a more positive activity where he or she can have some responsibility or control.
3. If the child/teen is trying to **get revenge**, avoid taking the behavior personally. The youth may feel hurt and in turn may wish to hurt others. Avoid punishment and retaliation. Make a statement to reflect how the child/teen is feeling. This demonstrates that you are empathetic. To continue to build trust, demonstrate that he or she is valued.
4. If the child/teen is trying to show you that he or she **feels inadequate**, give encouragement and praise abilities no matter how small.

In all situations, remember to give the child/teen some choices, but limit the choices to two or three. Try to respond immediately to a child/teen's behavior. Don't let the situation get out of control. Finally, be firm, but friendly. It is always the responsibility of a mentor to be a role model for appropriate behavior.

If the child/teen does not respond to your attempts to manage his or her behavior, it may be best to tell the child/teen that your visit together will have to end for the day. However, do tell the youth that the two of you can try again next week. Most importantly, review the situation with your supervising therapist and regional volunteer coordinator for further guidance and direction.

Mentoring Matters

WELCOME NEW MENTORS

Costa Mesa Kristen Murray
 Helen Griffis

South/Laguna Kevin Truong
 Mark Marshall

WELCOME NEW VOLUNTEERS

East Bethany Esminger

THANKS TO THOSE WHO HAVE MOVED ON

**South/
Costa Mesa**

Catherine McGhie
Molly Powell
Vanessa Nguyen
Star Lopez
Nichoel Bergman
Dave Udden
Karen Baig
Heather Murphy
Julia English
Jennifer Freiholtz
Miki Fujikawa
Art Montes
Steffie Young

North

Luisa Amaya
Feei Ang
Carrie Coates
Bryan D'antonio
Erika Hernandez
Geri Kleinpell

THERE'S MORE THAN ONE WAY TO HUG A CHILD...

The staff and clients of Children and Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

Friends of the Santa Ana Zoo
Santa Ana

In-N-Out
Irvine

LensCrafters
Irvine

LensCrafters
Santa Ana

Statek Corporation
Orange

The Back Page

ENCHILADA OUTING



Rachel Magana, a mentor with South/Costa Mesa Region, and her 16-year-old mentee, (not pictured) discovered a delicious way to spend a few hours together recently. Recipe in hand, the two shopped for ingredients then returned home to prepare a mouth-watering, south-of-the-border feast. Rachel said that the experience not only provided her mentee

with a cooking lesson, but an opportunity to learn about nutrition, shopping and social skills. Of course, both benefited from the great meal they enjoyed together.

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405 W. 5th St., Suite 436
Santa Ana, CA 92701
(714)796-0100
www.ochealthinfo.com/behavioral/cyspt
CYSPT@hca.co.orange.ca.us

Central Staff

Sharon Modaff, Service Chief (714)796-0100
Nancy Robins, Program Supervisor I (714)796-0100
Martha Murphy, Volunteer Coordinator (714)796-0121
Peggy Evans, Volunteer Coordinator (714)796-0117
Central Office (714)796-0100

Volunteer Coordinators/Resource Specialists

East Veronica Chavez (714)480-6756
North Sunney Shin (714)577-5422
South/Costa Mesa Jonathan Schiesel (714)850-8444
South/Laguna Lee Boon (949)499-8614
West Diane Prescott (714)896-7570
Aspen/Santa Ana Adrienne Davalos (714)565-2830
Aspen/Tustin Ken Cornwell (714)508-1919

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. *CYS-Project Together* is a volunteer mentor program for *CYS* children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.



County of Orange Health Care Agency
Behavioral Health Services/Children & Youth Services

CYS-Project Together Highlights

405 W. 5th Street, Suite 436
Santa Ana, CA 92701

Address Correction Requested

